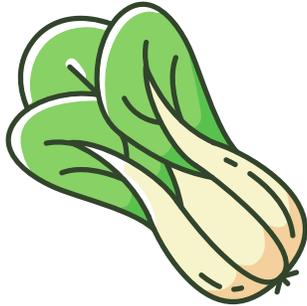


# Harvest of the Month

## AUGUST | BOK CHOY

### HEALTH BENEFITS

- VITAMIN C
- FIBER
- VITAMIN E
- BETA-CAROTENE



### HEALTHY SERVING IDEAS

Bok choy is a versatile vegetable that you can incorporate into many dishes. It's a popular ingredient in Asian cuisine, particularly in stir-fries and soups. It takes only a few minutes to cook, allowing for a quick side dish to a meal.

Some serving ideas include; shredding it raw in a salad, incorporating it in to stir fry, grilling it, or adding it to a soup or a stew.

### SHOPPING & STORAGE TIPS

**Store in plastic bag:** Store unwashed bok choy in a plastic bag in the refrigerator. Cut holes in the bag so air can circulate so it doesn't wilt.

**Wrap in Paper Towel:** Cut off the base of the bok choy and separate the stalks. Rinse in cold water and shake off excess water. After the bok choy is completely dry, place the leaves on paper towels and roll them up. Place the rolled up leaves in a plastic bag in the refrigerator's vegetable crisper.

**Place in Water:** Place the stalks upright in a jar of cold and store in refrigerator.

LIVE WELL



WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



LEARN MORE AT  
[WWW.WAUKESHACOUNTY.GOV/LIVEWELL](http://WWW.WAUKESHACOUNTY.GOV/LIVEWELL)



## INGREDIENTS



**1 pound baby bok choy**

**1 1/2 tablespoons extra-virgin olive oil**

**3 garlic cloves, minced**

**Pinch red pepper flakes**

**Sea salt**

**Half of a lemon, cut into wedges**

**FOR MORE INFORMATION VISIT  
[WAUKESHACOUNTY.GOV/LIVEWELL](http://WAUKESHACOUNTY.GOV/LIVEWELL)**

## LEMON GARLIC SAUTEED BOK CHOY

1. Remove any discolored outer stalks of the bok choy and discard them). Place the bok choy into a colander and rinse with cool water. Trim the ends then slice each bok choy in half lengthwise. Pat dry.
2. Add the oil, garlic and red pepper flakes to a skillet. Place over medium heat and cook, stirring occasionally, until the oil begins to bubble around the garlic, but before the garlic turns light brown.
3. Toss in the bok choy and spread into one layer. Sprinkle with about 1/4 teaspoon of salt then cook, without stirring, until the bottom is starting to turn brown, about 2 minutes.
4. Flip then cook another 2 minutes or until the green leaves have wilted and the white bottoms are beginning to soften, but still have some crunch.
5. Transfer to a platter then squeeze 2 lemon wedges on top.



## INGREDIENTS



sauce:

- 1 ½ tablespoons tamari
- 2 tablespoons rice vinegar
- 1 teaspoon fresh lime juice
- ½ teaspoon honey (or maple syrup if vegan)
- ½ teaspoon minced ginger
- 1 small garlic clove, minced
- ½ teaspoon sesame oil

for the stir fry:

- 1 tablespoon sunflower oil (or any high-heat oil)
- 4 ounces shiitake mushrooms, stems removed, sliced
- ½ small head broccoli, florets chopped, stems peeled into strips
- 2 scallions, chopped
- 2 baby bok choy, sliced vertically into quarters
- ½ cup edamame
- 1 carrot, peeled into thin strips
- 4 ounces brown rice pasta
- 2 teaspoons sesame seeds

## BOK CHOY STIR FRY

1. Make the sauce by stirring together the tamari, rice vinegar, lime juice, honey, ginger, garlic, and sesame oil. Set aside.
2. In a pot of salted boiling water, cook the noodles according to the package directions until al dente. Drain, rinse and set aside.
3. Heat the oil in a large skillet over medium heat. Add the mushrooms and broccoli, stir to coat then let cook 1 to 2 minutes until the mushrooms begin to soften and the broccoli begins to brown. Add the scallions, bok choy, and edamame. Cook, stirring occasionally for another 2 minutes, until the bok choy and broccoli are tender.
4. Add the carrots and noodles and toss. Add the sauce, toss again. Add a squeeze of lime. Sprinkle with sesame seeds.